



Viaggio Didattico Giappone Japan Study Trip

Data / Dates:

02/02/2025 - 11/02/2025

A.A / A.Y:

2024/2025

Tutor:

Graglia Martina

Sunday, February 2, 2025

5:45

Meeting at Bra Movicentro, the glass structure near the train station

6:00

Departure towards Torino Caselle airport

Free breakfast at the airport

09:00 - 10:15

Air Dolomiti flight EN8251 from Torino to Munich

12:45 - 09:05 (+1)

Lufthansa flight LH0714 from Munich to Tokyo-Haneda airport

Meals provided on the plane by the airline

Monday, February 3, 2025

09:05 (JST - local time)

After clearing immigration and collecting our luggage, we will meet our local contact, Anna Jensen. From there, we will have time to change money, get SIM cards, and transfer to the station. We will take a train at 14:20 (approximately a three-hour ride) to Ishikawa Prefecture (Kaga-Onsen train station). Lunch will be an ekiben, a special type of bento box typically sold at train stations

It'll be a long day of travel, and after such a journey, everyone will likely be tired and eager to rest. For the first two nights, the group will stay with host families. At the train station, we will meet our second local contact, Graham Davies, and everyone will be introduced to their respective host families, who will accompany them home

Dinners will also be shared with the host families, providing a great opportunity to rest and prepare for the activities starting the following day. Don't forget to bring a gift for your host family!

End of the didactic activities

Tuesday, February 4, 2025

Breakfast with host family

We will start our Japan experience with a sushi workshop and a visit to a fishmonger. Nimaida-san, a sushi master at Ippei Sushi, will guide us through the techniques of sushi making, including the preparation of each component and the creation of nigiri and maki rolls. The workshop will culminate in a sushi lunch featuring the pieces made during the session

After lunch, we will visit Miwa-san's ama village in Mikuni. Ama are traditional Japanese divers renowned for collecting pearls, though their primary catch is seafood. During our visit, it will be the season for rock nori, a type of seaweed that grows along rocky coastlines. Afterward, there will be time to enjoy an onsen (hot spring)

18:30

Dinner at a local izakaya, famous for its high-quality seafood

End of the didactic activities

Night stay with the respective host families

Wednesday, February 5, 2025

Breakfast with host family and time to say goodbye

Drive to Takigahara village, a small village in Ishikawa where rice farming is an essential part of daily life

9:30

Takiguchi-san, head of the local rice association, will introduce us to rice farming. Following this, Nakadesan will guide us in making fresh mochi, a Japanese rice cake made from mochigome, a short-grain japonica glutinous rice. On-site lunch featuring freshly made mochi and traditional side dishes

15:00

Introduction to sake production and a tasting of different types of sake at Higashide Sake Brewery. Afterward, there will be time to relax and enjoy an onsen (hot spring)

19:00

Dinner featuring hot pot with chicken farmer Shinchan. Shinchan will prepare a hot pot using his chicken and hunter Sakura-san's wild game. Sakura-san, who has been part of the local hunters' community in the Kaga area for 15 years, helps protect farmers' fields by managing the population of wild game such as wild boar, deer, and bears. She will share insights into her work as a hunter and her experience as a woman in a traditionally male-dominated profession

End of the didactic activities

Night stay at Takigahara Craft & Stay in a big shared room

Thursday, February 6, 2025

Breakfast at Takigahara Craft & Stay

Transport to Kanazawa, the capital of Ishikawa Prefecture

We will visit Yamato Soy Sauce, where Yamamoto-san will introduce us to the history and production of Yamato's raw soy sauce and other koji-based ferments such as miso and amazake. Yamato Soy Sauce has a history of over 110 years and has been run by the Yamamoto family for five generations. Lunch on-site

End of the didactic activities

Free time to explore Kanazawa and enjoy a free dinner

Night stay at Linnas Hostel

Friday, February 7, 2025

3:30 - 4:30

Visit to the Central Fish Market Kanazawa 魚市場, a real Japanese fish market where seafood is distributed for local homes and domestic restaurants

10:30

Visit to Koyori Soba, where a soba maker will demonstrate the art of rolling noodles, followed by lunch on-site

In the afternoon (13:00-17:00), we'll split into two groups for a matcha tea ceremony at Mikoto Tea House. This experience includes seasonal wagashi (sweets) and a demonstration of how dried tea leaves are ground into matcha powder. Each session lasts a couple of hours, so there will be some free time between groups - we'll organize it on-site

Group dinner. Kanazawa is famous for oden, a warming and hearty dish perfect for Ishikawa's cold winter. Local oden restaurants offer side dishes showcasing regional classics such as the hyper-seasonal ferment kabura sushi, a combination of turnip and yellowtail fermented with koji

21:45 - 6:25 (+1)

Night bus from Kanazawa to Tokyo

Saturday, February 8, 2025

6:25

Arrival in Tokyo

After leaving our luggage and having a group breakfast, everyone will have time to explore Tokyo during a completely free day (free lunch and free dinner)

Night stay at Akasaka Guesthouse Hive in a big shared room

Sunday, February 9, 2025

8:00

Breakfast at Bricolage Bakery

Later, visit to UNU Farmers Market, one of Tokyo's main gathering points for small-scale farmers from across Japan. Every weekend, 50+ stalls pop up in central Tokyo, offering seasonal and traditional produce to chefs and home cooks sourcing fresh ingredients for the week. We'll explore the market, chat with producers, and meet chefs as they shop for farm-fresh goods

After the morning activity, we'll take the train (approx. 1 hour) to the Ramen Museum for a hands-on workshop and a visit to the museum. Lunch will be a bit later than usual, around 14:00 - featuring ramen, of course!

We'll return to Tokyo for dinner at Mizuguchi Shokudou, where we'll experience traditional city foods. We'll be joined by Mori-san, a food writer, who will guide us through Asakusa and share insights into the evolution of downtown food culture

End of didactic activities

Night stay at Akasaka Guesthouse Hive in a big shared room

Monday, February 10, 2025

Breakfast

Morning activity TBC

14:00

Closing experience at Tofukuji Temple. Monk Ko-san will introduce us to Zen philosophy and its deep connection to food in Japanese culture. He will guide us through meditation and mindfulness, showing how these principles shape the Japanese approach to food and appreciation. This will also be a meaningful chance to reflect on our journey through Japan before departing the next day

Farewell dinner with our local contacts at a traditional izakaya

End of didactic activities

Night stay at Akasaka Guesthouse Hive in a big shared room

Tuesday, February 11, 2025

Check-out and departure to the airport. Departure time TBC, but it will be around 6:45

10:45 (JST) - 17:10 (CET)

Lufthansa flight LH0715 from Tokyo-Haneda airport to Munich

Meals provided on the plane by the airline

Free dinner at the Munich airport

21:40 - 22:55

Air Dolomiti flight EN8258 from Munich to Torino Caselle

Transfer from the airport to Bra

00:30 (+1)

ETA in Bra Movicentro

End of the didactic study trip - *Arigatō gozaimashita!*